



KLIM SWIM INVITATIONAL

HOLIDAY TRAINING PROGRAM

— SWIM MEET 2024 —

6TH & 7TH JULY

MEDALS & CEREMONY
FOR EVERY EVENT IN EACH AGE GROUP CATEGORY

SPECIAL PRIZES

CERTIFICATE OF PARTICIPATION
FOR ALL SWIMMERS

Located at FINNS Recreation Club

ENTRY DETAILS AND FURTHER INFORMATION TO FOLLOW



GENERAL INFORMATION

ORGANIZER

KLIM SWIM and Indonesian Swimming Association.

ORGANIZATIONS AND COMMITTEES

KLIM SWIM is a swimming organization established by Michael Klim and family since 1997 operating in Australia and Bali. KLIM SWIM is the organizer and it's supervised by the Indonesian Swimming Association.

EVENT DATE

DAYS		DATE	TIME
SATURDAY	1 ST Session	6 TH July	8.30AM
	2 ND Session	6 TH July	1.00PM
SUNDAY	1 ST Session	7 TH July	8.30AM
	2 ND Session	7 TH July	1.00PM

LOCATION

FINNS Recreation Club Short Course (25m) swimming pool.
6 lanes with automatic timing (digital backup + manual backup).





EVENT INFORMATION

PROVISION

Registration is open to all swimmers.

Indonesian swimmers are required to be members of a club recognized by the Indonesian Swimming Association Akuatik Indonesia.

AGE GROUPING

GROUP	BORN BETWEEN
Senior	December 31 st , 2005 and before
Group 1	January 1 st , 2006 to December 31 st 2008
Group 2	January 1 st , 2009 to December 31 st 2010
Group 3	January 1 st , 2011 to December 31 st 2012
Group 4	January 1 st , 2013 up to Present

AGE GROUP CATEGORIES

EVENT	SENIOR	GROUP 1	GROUP 2	GROUP 3	GROUP 4
50M FREE	✓	✓	✓	✓	✓
100M FREE	✓	✓	✓	✓	✓
200M FREE	✓	✓	✓	✓	
400M FREE	✓	✓			
50M BACK	✓	✓	✓	✓	✓
100M BACK	✓	✓	✓	✓	✓
200M BACK	✓	✓	✓	✓	
50M FLY	✓	✓	✓	✓	✓
100M FLY	✓	✓	✓	✓	
200M FLY	✓	✓			
50M BREAST	✓	✓	✓	✓	✓
100M BREAST	✓	✓	✓	✓	✓
200M BREAST	✓	✓	✓	✓	
100M INDIVIDUAL MEDLEY					✓
200M INDIVIDUAL MEDLEY	✓	✓	✓	✓	
400M INDIVIDUAL MEDLEY	✓	✓			
OPEN FREESTYLE RELAY	✓	✓	✓	✓	✓
MIX 48 FREESTYLE RELAY				✓	✓
MIX 61 FREESTYLE RELAY		✓	✓	✓	
OPEN MEDLEY RELAY	✓	✓	✓	✓	✓
MIX 48 MEDLEY RELAY				✓	✓
MIX 61 MEDLEY RELAY		✓	✓	✓	

PROVISION

There is no qualifying time.

SCHEDULE | DAY 1

Session 1

BOYS	EVENT	AGE GROUP	GIRLS
1	400m free	Senior 1	2
3	50m fly	4	4
5	200m breast	Senior 1 2 3	6
7	200m fly	Senior 1	8
9	100m free	4	10
11	400m IM	Senior 1	12

Session 2

BOYS	EVENT	AGE GROUP	GIRLS
13	50m free	Senior 1 2 3	14
15	50m breast	4	16
17	100m back	Senior 1 2 3	18
19	200m IM	Senior 1 2 3	20
21	50m back	4	22
23	100m fly	Senior 1 2 3	24
25	Freestyle Relay Mix 61	1 2 3	26
27	Freestyle Relay Mix 48	3 4	28
29	Freestyle Relay Open	All Ages	30

INVITATIONAL Free Skins

SCHEDULE | DAY 2

Session 1

BOYS	EVENT	AGE GROUP	GIRLS
31	50m fly	Senior 1 2 3	32
33	100m breast	4	34
35	50m breast	Senior 1 2 3	36
37	50m free	4	38
39	100m free	Senior 1 2 3	40
41	50m back	Senior 1 2 3	42

Session 2

BOYS	EVENT	AGE GROUP	GIRLS
43	200m free	Senior 1 2 3	44
45	200m back	Senior 1 2 3	46
47	100m IM	4	48
49	100m back	4	50
51	100m breast	Senior 1 2 3	52
53	Medley Relay Mix 61	1 2 3	54
55	Medley Relay Mix 48	3 4	56
57	Medley Relay Open	All Ages	58

COMPETITION RULES

The Championships will be conducted under the FINA/PB Akuatik Indonesia Rules and Bylaws as specified in the FINA Handbook (2017 – 2021). Rule one goes into effect.

- A list of approved swimwear can be found at <http://fina.org/content/fina-approved-swimwear>.
- Senior | 1 | 2 | 3 Age Groups will be determined the final time and start simultaneously together BUT the results will be separated according to their respective age groups. The age group of 4 will race alone.
- Heats are seeded from the longest to the fastest.
- The Official Organizer reserves the right to cancel and amend the event.

REGISTRATION PROCEDURE (INVITATIONAL & ACCOMODATION)

Registration period: **1 March – 10 May 2024 at 23.00 WIB** or earlier than the maximum entry limit is met.

PAYMENT DEADLINE: **15 MAY 2024**

- Late registration will NOT be entertained.
- Applications are received in the order of receipt.
- The performance times from the official meet dated May 2024 to June 2024 can be used as entry times for this event.

INVITATIONAL ENTRY FEE

IDR 250,000 = 2 event entries

IDR 500,000 = consisting of unlimited events.

IDR 800,000 = unlimited events, KLIM SWIM merchandise

Payment for registration please be transferred via:

Please transfer to our bank account as below in full amount

Beneficiary Account : **PT. Bali Mitra International**

Bank : **Bank Permata**

A/C# : **580-1322567 (IDR)**

Swift Code : BBBAIDJA

Please send proof payment thru the whatsapp group with detail format below
Club name, Name of swimmer & Detail event that they join



Please scan to join WhatsApp group

PARTICIPANT WITHDRAWAL

Refunds will not be given for participant withdrawals for any reason.

AWARDS

Medals, certificates and prizes will be awarded to the top 3 (three) positions for individual events in each age group. Participation certificates for all & Trophy for top three teams.

PROTEST

Protests must be filed in accordance with the following:

- In writing with supporting facts.
- With a closed deposit of **USD 100.00**.
- Submitted to the Meeting Referee by the Team Manager.
- Submitted within 30 (thirty) minutes after the end of each event.
- If the Referee refuses to protest, he must state the reasons for his decision. The Team Manager can then appeal the refusal to the Appeal Jury, whose decision is final.
- If the protest is not granted, the deposit will be forfeited to the Meeting Organizing Committee.
- If the protest is granted, the security deposit will be returned.

TEAM LEADERS / MANAGER MEETINGS

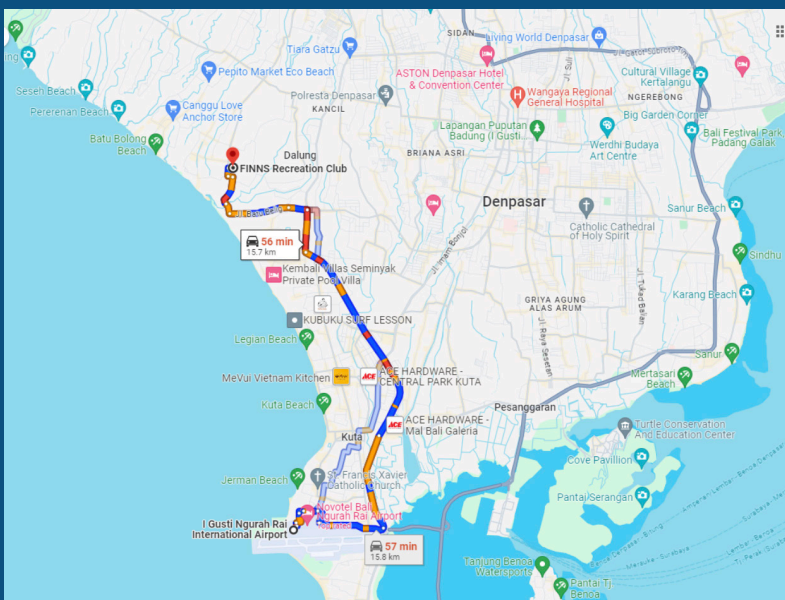
The Team Leader/Manager meeting will be held as follows:

Day / Date : TBC

Time : TBC

Location : Finns Recreation Club

<https://www.finnsreclub.com/location/>



KLIM SWIM HOLIDAY TRAINING PROGRAM

FOR COMPETITIVE SCHOOL AND CLUB SWIMMERS

17 JUNE - 03 AUGUST 2024

OPTION TO JOIN 1 DAY/ 3 DAYS / 1 WEEK - 7 AM TO 11 AM

Lead by Olympian **Michael Klim** & the accredited klim swim instructors, the camps are designed to teach swimmers **correct technique, improve overall fitness and provide quality tuition to club and competitive swimmers** of all ages. The sessions emphasize **technical skills, training habits in a fun, and enthusiastic environment**. Swimmers will interact with our expert coaches, and will receive specific, hands-on instruction for each of the four strokes. During the week a focus is placed on **pre race routine, nutrition and developing a competitive mindset**. All drills will be incorporated into the sessions, swimmers must bring their own training gear. Whether you are a Club, Triathlon, Open Water, Master, or Competitive Swimmer Klim Swim is able tailor the camp accordingly to ensure certain objectives are met inline with swimmers home programs.

HOLIDAY TRAINING PROGRAM PRICING

1 DAY : IDR 1.500.000

3 DAYS : IDR 3.500.000

7 DAYS : IDR 5.900.000

**Special prices for local Bali swimmers may apply.*

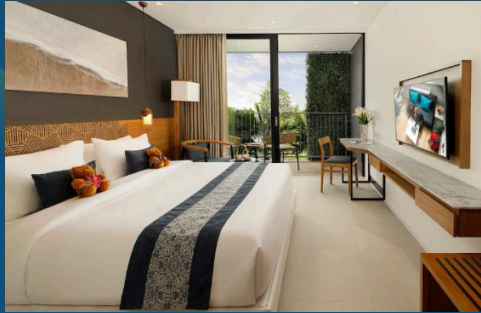
INCLUDES:

- Daily Swimming and Dryland Training (mobility, strength, and body awareness).
- 1 pool session (plus dryland warm up) **additional swim sessions upon request.*
- List of additional workshops (goal setting, mindset, breath work, yoga, strength and circuit training, nutritional advice, recovery and injury prevention) **additional fee for workshops apply.*
- Klim Swim Merchandise.

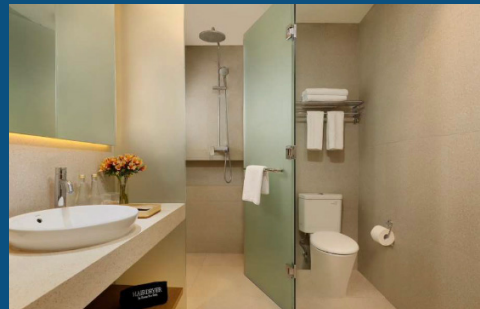
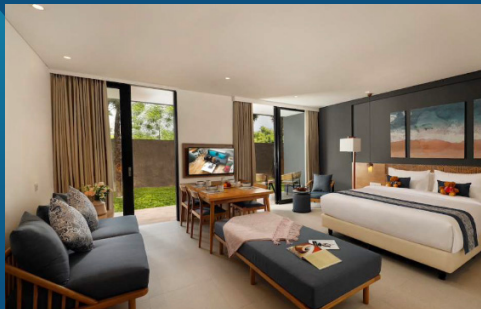
OFFICIAL ACCOMMODATION

ACCOMMODATION PACKAGES CITADINES BALI BERAWA (STUDIO EXECUTIVE)

*5 MINUTES AWAY FROM FINNS RECREATION CLUB



CITADINES BALI BERAWA (DELUXE SUITE)



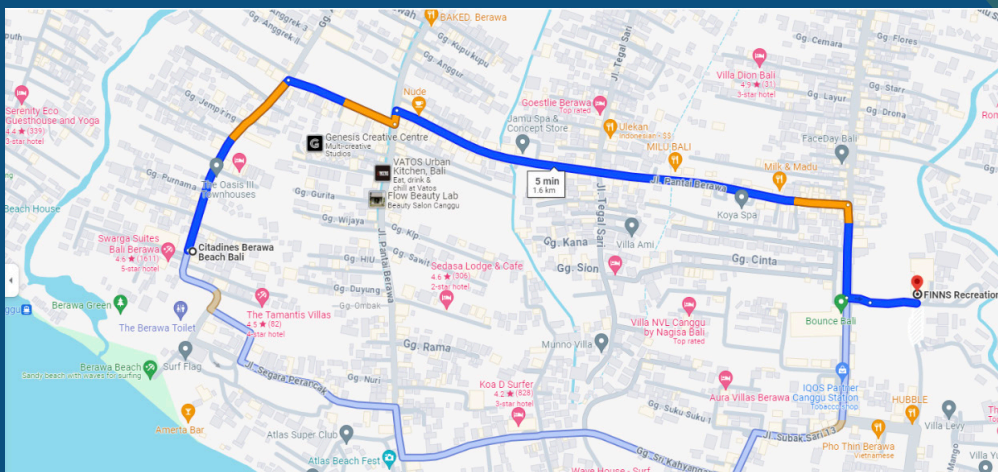
KLIM SWIM ACCOMMODATION OPTION

ACCOMMODATION	ROOM TYPE	MAX OCCUPANCY	RATE PER NIGHT	EXTRA BED + BREAKFAST
Citidines Bali Berawa	Studio Executive	2AD/1C	IDR 1,750,000	IDR 400,000
Citidines Bali Berawa	Deluxe Suite	2AD/2C OR 3AD	IDR 2,300,000	IDR 400,000

NOTE :

3 - 11 years old considered as children

Rate is already included with breakfast and tax & service



ACCOMMODATION PACKAGES

THE KOMU

*4 MINUTES AWAY FROM FINNS RECREATION CLUB

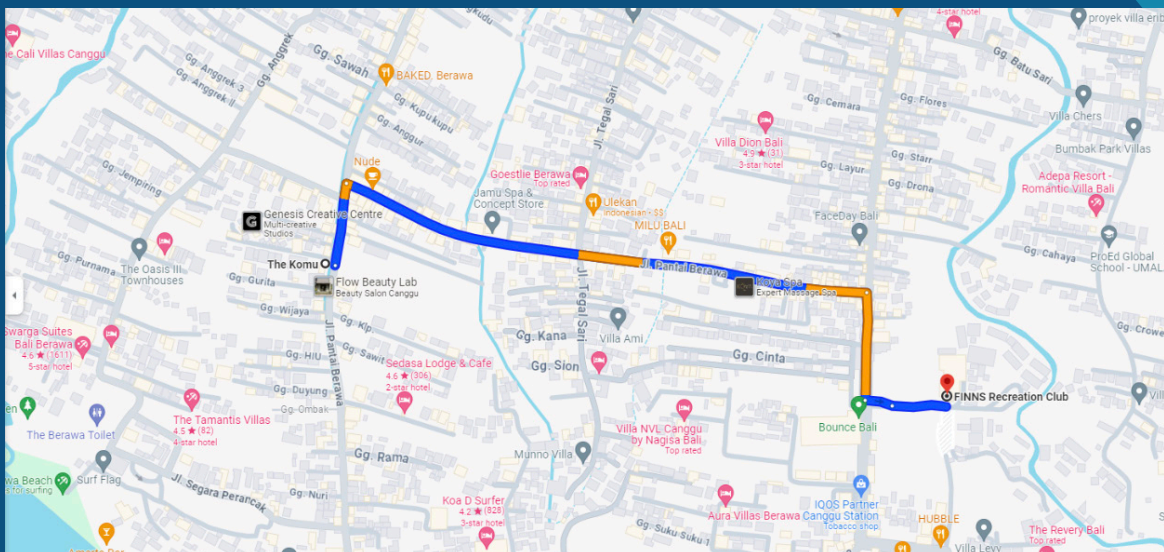


KLIM SWIM ACCOMMODATION OPTION

ACCOMMODATION	ROOM TYPE	MAX OCCUPANCY	RATE PER NIGHT	EXTRA BED + BREAKFAST
The Komu	Studio	2AD/1C (3-11 y.o)	IDR 2,150,000	N/A

NOTE :

3 - 11 years old considered as children
Rate is already included with breakfast and tax & service



ACCOMMODATION PACKAGES SECANA BEACHTOWN

*7 MINUTES AWAY FROM FINNS RECREATION CLUB



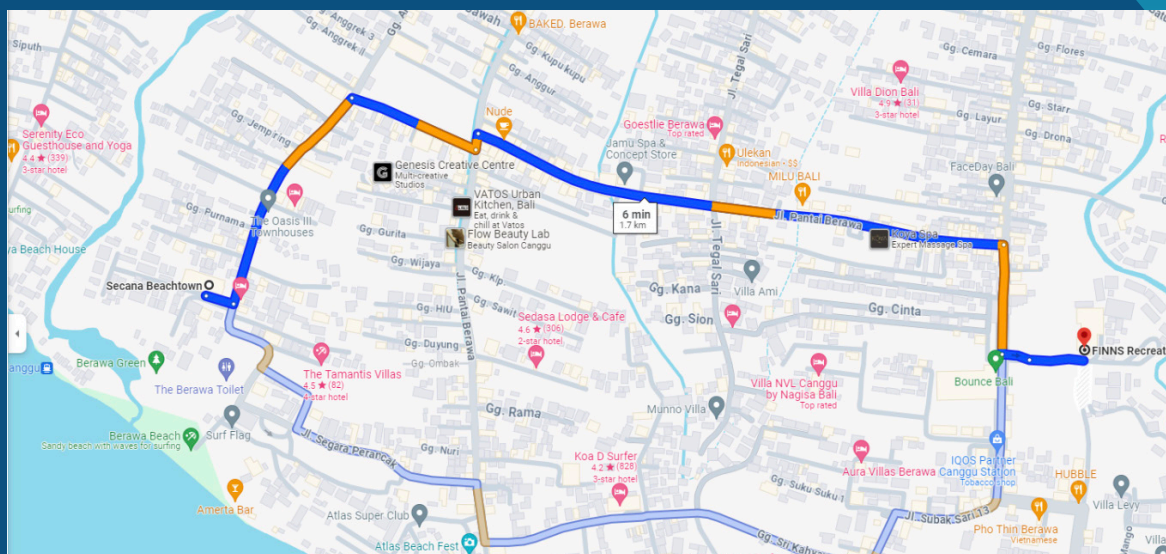
KLIM SWIM ACCOMMODATION OPTION

ACCOMMODATION	ROOM TYPE	MAX OCCUPANCY	RATE PER NIGHT	EXTRA BED + BREAKFAST
Secana Beachtown	Loft Apartment	2AD/1C OR 3AD	IDR 2,940,000	IDR 1,200,000

NOTE :

3 - 11 years old considered as children

Rate is already included with breakfast and tax & service



KLIM SWIM PACKAGES

HOTEL	PACKAGES	ATHLETE PACK		VISITOR PACK
		WITH TRAINING CAMP	WITHOUT TRAINING CAMP	
	PACKAGE OF	PRICE PER PERSON	PRICE PER PERSON	PRICE PER PERSON
CITADINES BALI BRAWA	3 Days	7,810,000	4,310,000	3,150,000
	7 Days	13,690,000	8,590,000	6,950,000
	Additional Day	2,570,000	1,070,000	950,000
THE KOMU	3 Days	7,810,000	4,310,000	3,150,000
	7 Days	13,690,000	8,590,000	6,950,000
	Additional Day	2,570,000	1,070,000	950,000
SECANA BEACHTOWN	3 Days	8,470,000	4,970,000	3,810,000
	7 Days	16,030,000	10,130,000	8,490,000
	Additional Day	2,790,000	1,290,000	1,170,000

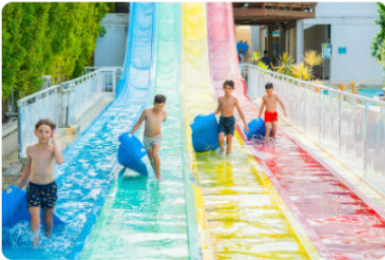
ATHLETE PACKAGE INCLUDES:

- Hotel Rooms
- Transports from Airport to Canggu & Canggu to Airport
- Transports from Hotel to FRC & FRC to Hotel
- 2 Meals at Finns per Day (breakfast & lunch)
- Gym Pass (includes access to locker room, ice bath, sauna, 1 locker & 1 big towel)
- Training Camp Including Klim Swim Merchandise
- Invitational Entry

VISITOR PACKAGE INCLUDES:

- Hotel Rooms
- Transports from Airport to Canggu & Canggu to Airport
- Transports from Hotel to FRC & FRC to Hotel
- 2 Meals at Finns per Day (breakfast & lunch)

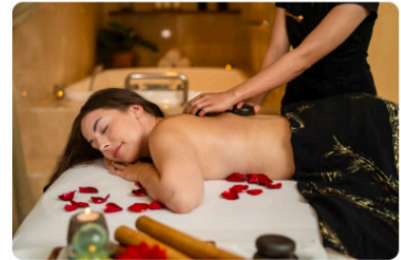
FINNS RECREATION CLUB FACILITIES



SPLASH WATER PARK



FITNESS CENTRE



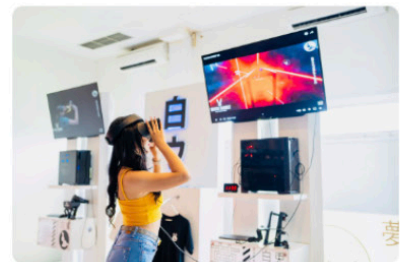
BODY TEMPLE SPA



BOUNCE TRAMPOLINE



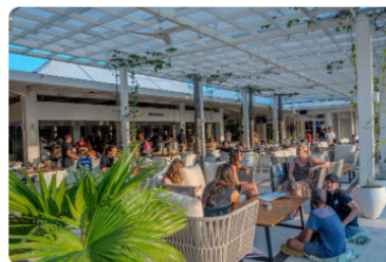
STRIKE BOWLING



WHITE RABBIT VR



CUBBY HOUSE KIDS CLUB



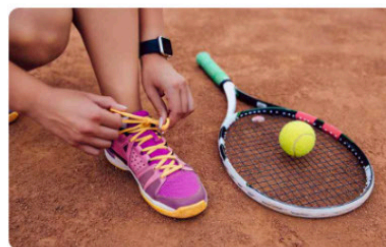
BISTRO.C



SPORTS BAR



COWORKING HUB



FINNS SPORTS SHOP



TENNIS CENTRE